

**Prostate Cancer Support Group
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076
9487 9061, support@sah.org.au

Proudly affiliated with



Prostate Cancer
Foundation of Australia

February 2015 NEWSLETTER

Meeting program February— June 2015

All those who have been affected by prostate cancer, both patients and carers, are invited to attend San Prostate Cancer Support Group meetings. There is no need to book and you do not have to be a patient of the Sydney Adventist Hospital. Video footage of speaker sessions will be available a few weeks after the meeting from the Cancer Support Centre or on the PCFA website. Please see the back page of this newsletter for further information about afternoon and evening meetings, as well as venue and parking details.

Below is a list of guest speakers at our upcoming evening meetings, which begin at 7pm:

23 February 2015 Dr Phillip Katelaris—Urologist

Dr Katelaris is a regular speaker at our support group, and will again update us on the latest issues regarding erectile dysfunction and incontinence, as well as the prostheses that can be fitted to overcome these difficulties. Phillip’s philosophy is that “no man needs to be incontinent or impotent.” He is always happy to answer questions at his presentations.



23 March 2015 Susie Mee—Acupuncturist

Susie Mee provides acupuncture services at the Cancer Support Centre in Jacaranda Lodge and at Northern Haematology and Oncology Group in the San Clinic. Acupuncture can provide relief from many side effects of cancer therapy including reducing nausea, fatigue, and pain. If you don’t understand acupuncture or think it may be painful, come along and listen to Susie. You may discover that acupuncture would be helpful for you.



27 April 2015 Frank Brennan—Palliative Care Physician (to be confirmed)

Frank works in the departments of Renal Medicine and Palliative Medicine at St George Hospital in Sydney. Palliative care is an often misunderstood term that people think only applies to people in the last days of life, however this is not the case. Frank will give us information and a fresh perspective on palliative care, which is relevant to us all in caring for family or friends, not only for cancer patients.



25 May 2015 Associate Professor Gavin Marx—Medical Oncologist

A/Prof Gavin Marx is an associate in clinical practice with the Northern Haematology Oncology Group (NHOG), which provides comprehensive cancer care for patients with various malignancies. Gavin will update us on new treatments for Advanced Prostate Cancer. It is this information that provides so many of us with hope for the future.



22 June 2015 Professor Michael Izard—Radiation Oncologist

Michael is a Radiation Oncologist at a number of Sydney locations and has a particular interest in Brachytherapy for prostate cancer patients. Michael’s presentations are always extremely informative as he updates us on radiation treatments in his typically relaxed and interactive style.





San Prostate Cancer Support Group's Christmas Party

When our members are asked to bring a plate to a function, the result is a feast. And, a feast it was at the San Prostate Cancer Support Group's Christmas party on 8 December 2014.

Despite the erratic weather, we had a great attendance and everyone mixed and chatted away the afternoon. It was great to have time to catch up with people that one misses at some normal meetings and good to talk to partners and carers.

We had four visitors from the Westmead Prostate Cancer Support Group who enjoyed themselves and then invited us to their party.

Thank you to all who helped set up the room, prepare food and clean up.

In conclusion, I might add that only a few morsels of the feast were left at the end of the day – a sure sign that it was a great party.

*Graeme Postlethwaite & Graham Staggs
Leaders, San Prostate Cancer Support Group*



World Cancer Day

World Cancer Day will be held across the globe on 4 February 2015 to raise awareness and education about cancer.

Taking place under the tagline 'Not beyond us', the campaign is organised by the Union for International Cancer Control. It aims to save millions of preventable deaths each year by pressing governments and individuals across the world to take action.

Currently, 8.2 million people die from cancer worldwide every year, out of which, 4 million people die prematurely (aged 30 to 69 years).

The 2015 campaign will focus on four key areas: "Choosing healthy lives"; "Delivering early detection"; "Achieving treatment for all"; and "Maximising quality of life".

More information about World Cancer Day is available at: <http://www.worldcancerday.org/>

Treatments made more available for advanced prostate patients

The cost of treatment will be significantly less for some prostate cancer patients with recent announcements about changes to the Pharmaceutical Benefits Scheme listings for two drugs—XTANDI and ZTYIGA.

A new therapy in Australia for advanced prostate cancer patients—XTANDI (enzalutamide)—was listed on the PBS from 1 December 2014, allowing patients using this drug to be reimbursed for some of its cost.

XTANDI can be used in the treatment of men with castration-resistant metastatic prostate cancer (mCRPC), whose disease has progressed on or after docetaxel therapy.

This marks an important step in the management of metastatic prostate cancer as enzalutamide is the latest in a new generation of antineoplastic agents which can extend survival and improve the quality of life for men with mCRPC.

Chief Executive Officer of the Prostate Cancer Foundation, Associate Professor Anthony Lowe, welcomed the news, saying "Clinical studies have shown that Xtandi can improve survival rates and quality of life for patients suffering from the metastatic form of this disease."

In other positive news, a number of changes have also been made to the PBS listing for ZYTIGA® (abiraterone acetate), allowing more patients with castration-resistant metastatic prostate cancer to access this treatment through the PBS.

Further information about the new PBS authority requirements can be found on the PCFA website at: <http://www.prostate.org.au/news-media/latest-news/zytiga/>

Article adapted from www.pcf.org.au



Professor Anthony Lowe



Yoga at the Cancer Support Centre

The Cancer Support Centre is thrilled to announce that we will be offering yoga classes in 2015.

A new eight-week yoga course will be held on Tuesdays from 1.30pm to 2.30pm, from 10 February to 31 March.

The course is designed for cancer patients, survivors and carers, The style of yoga is gentle, incorporating postures, breathing techniques, relaxation and meditation.

The cost is \$15 per session or \$110 payable upfront for eight sessions.

No yoga experience is necessary. Participants will need to bring their own yoga mat or blanket.

For further information and for bookings, contact the Cancer Support Centre: 9487 9061 or support@sah.org.au



ENRICH your life



ENRICH – a free exercise and nutrition program for cancer survivors and carers run by the Cancer Council NSW — will be held at the San Cancer Support Centre in March.

The ENRICH program begins on Friday 13 March from 10am-12noon, and will run for six Friday morning sessions. Each session is co-facilitated by both a Dietitian and an Exercise Physiologist/Physiotherapist. Three key topic areas covered in each session include healthy eating, a walking program and resistance training.

To register, phone Cancer Council NSW on 1300 360 541 or email: enrich@nswcc.org.au

New ProstateApp for your iPad

The Prostate Cancer Foundation of Australia (PCFA) has recently launched ProstateApp – a new iPad application.

ProstateApp is designed to assist men and their families navigate the emotional, psychological and physical challenges that come with a prostate cancer diagnosis. It is based on a book by psychologist Professor Suzanne Chambers, titled *Facing the Tiger: A Guide for Men with Prostate Cancer and the People Who Love Them*. The app can be used on its own or in conjunction with the book.

The app was developed by the PCFA as an initiative of the Prostate Cancer Survivorship Research Centre. It features practical tools like activities on decision making, guides on self-care and links to organisations. It also includes supportive elements such as videos of people talking about their experiences, inspirational quotes and daily motivations during the prostate cancer journey.

The app is available to download for free from the iTunes App Store. The book is available for loan at the San Cancer Support Centre. You can also purchase the book from the PCFA and the Kindle version is available from amazon.com.au.



Capture your life stories

Everyone has a story to tell. Our Life Story Writing course will enable you to capture some of the ordinary and extraordinary moments from your life so far.

The next Life Story Writing course at the Cancer Support Centre begins on 3 March and will run for eight weeks on Tuesday mornings from 10.30am-12.30pm.

Facilitator, Bridget Brandon will guide participants each week through writing, reading and listening exercises. No writing skills are required, as they evolve during the writing process.

For further information and for bookings, contact the Cancer Support Centre: 9487 9061 or support@sah.org.au



Meeting details ...

The San Prostate Cancer Support Group meets at 3pm on the second Monday of each month and at 7pm on the fourth Monday of each month. The meeting dates for the next few months are:

9 February	3pm	Group discussion
23 February	7pm	Guest speaker
9 March	3pm	Group discussion
23 March	7pm	Guest speaker
13 April	3pm	Group discussion
27 April	7pm	Guest speaker

Tea and coffee is available half an hour before the start of each meeting.

Venue and Parking Details:

The support group meetings are held at the San Cancer Support Centre, Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga.

Parking is plentiful and parking tickets can be validated for \$5.00. If you have any questions please do not hesitate to contact the San Cancer Support Centre on 9487 9061 or support@sah.org.au



FINDING YOUR WAY....

Visitors to the Cancer Support Centre can enter the site at Gate 1 or Gate 2. If entering via Gate 1 keep to the right and proceed to the roundabout, turning left into the multi deck car park. Enter the hospital via the walkway indicated in yellow, take the lift to level 3 and then make your way to the rear of the building and down to Jacaranda Lodge, past the new building site.

If entering via Gate 2 proceed to the roundabout and turn left to the parking area behind Jacaranda Lodge.

For those with mobility limitations there are six parking spots outside Jacaranda Lodge.

Cancer Support Centre, Jacaranda Lodge, Manager Shirley Lofgren, support@sah.org.au, phone: (02) 9487 9061

Prostate Cancer Support Group leaders:

Graham and Adele Staggs - afternoon group
Graeme and Margie Postlethwaite - evening group

Useful websites: www.pcf.org.au www.prostatehealth.org.au www.beyondblue.org.au
www.cancercouncil.com.au www.andrologyaustralia.org

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your qualified medical professional. While the SAH PCSG is proudly affiliated with Prostate Cancer Foundation of Australia (PCFA), content of this newsletter is independently published and does not necessarily reflect the views of PCFA.